

Traditional Chinese Medicine & Healing Meditation

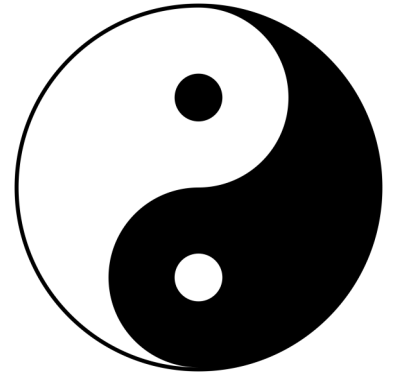
Healing Meditation

This class is being offered to help begin, progress, and advance healing through meditation. Based in Traditional Chinese Medicine and other ancient systems of healing, the program is designed to bring the entire body together to use positive energy flow to impact healing. Ultimately what drives Qi (chee) or life-force energy through the body, begins with thought and imagination and goes to intention. We will teach you what you must know about the body, how to breathe, and connect through the wonders of the meditations, to begin to enact healing and well-being.

Instructor: Eniko Irinyi

Course Fee: \$8

#190062	Jan 5—Jan 26	Tu	12:30 PM-1:30 PM
#190063	Feb 2—Feb 23	Tu	12:30 PM-1:30 PM
#190064	Mar 1—Mar 29	Tu	12:30 PM-1:30 PM
#190066	Apr 5—Apr 26	Tu	12:30 PM-1:30 PM



Traditional Chinese Medicine

Traditional Chinese Medicine (TCM) originated in ancient China and has evolved over thousands of years. TCM comes from an entirely different perspective on health and wellness than does modern medical science. It is a more holistic approach that views man as a multi-faceted being where physical, mental, and spiritual states all affect health, well-being, and even disease. Practitioners of TCM use herbal medicines and various mind and body practices such as acupuncture, Medical QiGong, and tai chi to promote good health and treat health problems. You will learn about the energetic nature of the body, the emotions and how they affect the internal organs, and the flow of Qi (internal energy) and why it is important to on-going wellness. This is a lecture based class but will also provide exercises and meditations to help heal the body and mind and spirit.

Instructor: Eniko Irinyi

Course Fee: \$16 (8 weeks)

#190072	Jan 12—Mar 1	Tu	11:30 AM-12:30 PM
#190073	Mar 8—Apr 26	Tu	11:30 AM-12:30 PM



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